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Cop won't be charged in Paul Boyd shooting

Distraught man was fired at multiple times in 2007 PAGE 4

Duffy the Tory slayer?

Senator claims he was given at least two cheques, not one, as 'conspiracy' deepens PAGE 8

A CHILLING HISTORY OF HORROR

CANADA'S FREAKIEST FILMS DO NOT REFLECT OUR COUNTRY'S KINDNESS PAGE 15

Former VANOC CEO John Furlong says he has been cleared in one case of alleged sexual abuse, but RCMP maintain that the investigation has not yet been closed. DARRYL DYCK/THE CANADIAN PRESS FILE

Furlong abuse file still open, despite claim, say RCMP

Investigation. Former Olympic official told media police had cleared him of allegations made by one of his accusers

John Furlong says he's "done" with allegations of sexual abuse raised by Beverly Abraham after the RCMP dismissed them in April — but Mounties say the investigation remains open after an independent review of their methods.

Abraham is one of three people who allege the former Olympics CEO sexually abused them more than 40 years ago. Another eight allege that he physically and verbally abused them when he was a teacher at a Burns Lake Catholic school.

None of the allegations have been proven in court and Furlong has filed several defamation suits denying all claims and seeking damages against the accusers.

"We are done with this. This is over," Furlong told Global News on Sunday, after displaying a letter RCMP sent him in April indicating they had closed the Abraham case.

Global reported Furlong will drop one of his suits, against the Georgia Straight, but he will pursue action against reporter Laura Robinson.

He continues to deny all allegations levelled against him.

"I'm not going to put another second into this. I'm going to move on, as I've said, by escalating this case and exposing this and try to get on with my life."

But senior RCMP spokesman Sgt. Rob Vermeulen said in an email on Monday that an independent review of the Mounties' investigation by a major-crime section in another province resulted in a number of investigative recommendations.

"We're aware of all the allegations that have been raised publicly," Vermeulen said.

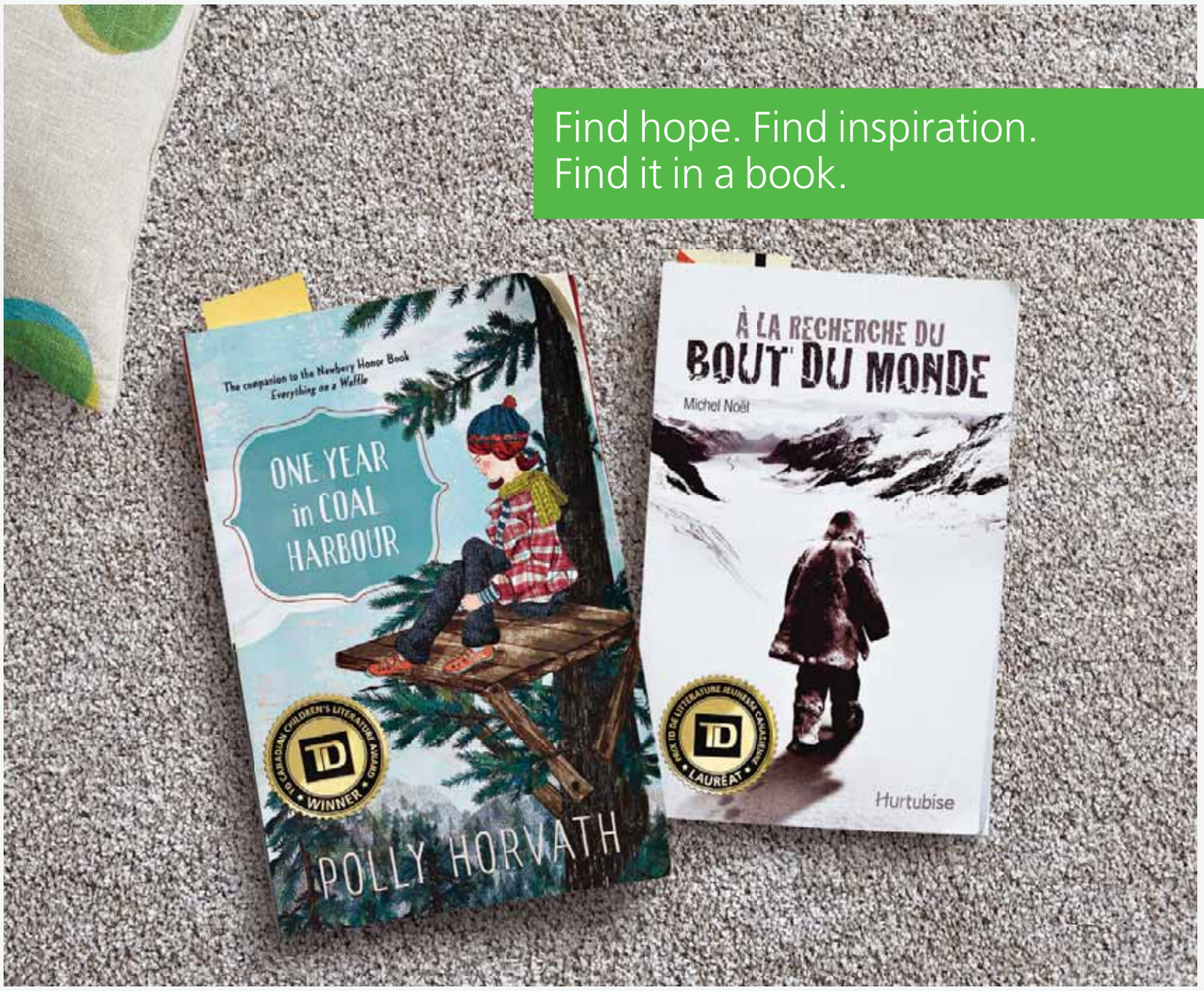
"We're still following up on the recommendations received through the independent review, and as such, the overall file remains open."

Furlong told Global that he has been "living in hell" since the allegations surfaced.

"To sit in a room with an RCMP officer and be investigated and asked questions about something like this is the worst experience of my entire life," he said.

"To actually sit there and have an officer look me in the eye and ask me the kind of things that we're talking about now, I mean, it was sickening."

KATE WEBB/METRO



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'Major concern'

Mayors ask feds for help with 'housing crunch'

We're deep in mortgage debt, we're paying more than one third of our incomes on rent or we're living with our parents.

The Federation of Canadian Municipalities (FCM) launched a campaign Monday asking the federal government to help Canadian families struggling with these all-too-familiar problems.

The "housing crunch" is particularly time sensitive as $1.7 billion in annual federal affordable housing funding is set to expire between 2014 and 2019, according to the FCM.

That could put 200,000 homes at risk.

"Housing affordability is a major concern not just in Vancouver but in cities and communities of all sizes across Canada, and without greater federal investment it will continue to have costly effects on families and our economy," said Vancouver Mayor Gregor Robertson, who was in Ottawa for the launch alongside councillors from Gatineau, Que., and Toronto.

The FCM hopes to persuade the federal government to take action before the 2014 budget, as housing problems are "too big and too complex for any single order of government to solve on its own," Robertson said.

The feds committed to "promising" solutions such as a housing-first approach to homelessness in the 2013 budget, but that needs to be backed up with action, Robertson added. EMILY JACKSON/METRO

Japadog closes at picketing IKEA

Richmond. Japadog updated its Facebook page to announce they had closed at the location, and apologized to all IKEA staff

KATE WEBB
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Toyoshi Imai chows down at a Japadog Eating Contest in August 2012 at YVR. The hotdog vendor pulled out of IKEA Richmond this past weekend after receiving several complaints because of the ongoing labour dispute.
KATE WEBB/METRO

Vancouver's iconic Japanese hotdog chain folded up shop after just one day this weekend at IKEA Richmond, where more than 350 workers have been on strike for more than five months.

An announcement Japadog made on its Facebook page that it would open for a one-week stint garnered dozens of angry comments.

On Sunday, Japadog updated its Facebook page to announce they had closed the location, and apologized to all IKEA staff for any inconvenience.

Anita Dawsen, a business agent with Teamsters Local 213, the union that represents the workers, said she was pleased with the decision.

"As far as the hotdog sales go, that's part of our bargaining unit work, it's part of the work that the bistro workers do," she said.

"When you go to IKEA you usually get a hotdog and an ice cream, so it's very much a part of the IKEA culture to sell hotdogs, so to have Japadog in there was really outside of any kind of norm."

The Richmond IKEA, which is one of only two unionized locations in Canada, has had to close one day a week and reduce its hours since the strike began on May 13.

Dawsen said the employees walked out because of the company's proposal in January to change the pay schedule, and increase the number of hours an employee would have to work in order to get benefits that include coverage for their families, which is an issue since few employees have any guarantee of work hours.

IKEA spokeswoman Madeleine Löwenborg-Frick said the company asked Japadog to come to the Richmond store to celebrate the release of its new catalogue. The bistro has been closed during the labour dispute.

"We find it really unfortunate that the Teamsters union initiated a campaign against Japadog … to negatively impact a small, local business" she said. "We find the situation regrettable but of course we respect their decision."

According to the union, the company proposed changing the wage schedule to the point that it would take some employees more than 20 years to reach the top salary, instead of the current four, if the store continues to "underperform" in sales.

Löwenborg-Frick said 50 per cent of the employees at the Richmond store were making at least $18 an hour and 25 per cent were making at least $21 an hour, which is well above the industry standard.

Japadog did not respond to an interview request.

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Prince of Pot. Wife and opposition pressure feds over Marc Emery transfer

Marc Emery wants to come home.

The U.S. government agreed in April to transfer the "Prince of Pot" — currently serving a five-year federal sentence for selling marijuana seeds over the Internet — to Canada.

Yet Public Safety Minister Steven Blaney has to date refused to sign off on the transfer or publicly comment on it.

With Emery's early release date of July 9, 2014, fast approaching, his wife Jodie and opposition MPs, in the form of the NDP's Libby Davies, Liberals' Wayne Easter and Greens' Elizabeth May, are taking to the steps of Parliament Tuesday to demand action.

"(Marc) is so anxious to go home," Jodie Emery told Metro.

"This isn't about Marc Emery wanting to legalize pot, it's about a Canadian citizen who has the right to come home."

Emery's supporters have flooded Blaney's office with hundreds of emails and faxes, she said, but she hopes having MPs on her side will add to the pressure.

Marc and Jodie Emery METRO FILE

"I'm not sure we'll get an answer in Ottawa, but the support from opposition shows that support is coming from all Canadians," she said.

Should a transfer be approved, Emery would still be required to spend the remainder of his sentence at a federal Canadian prison, likely in B.C.

Jodie has been visiting her husband in a Mississippi prison every two weeks since 2010, only breaking the ritual while running for the Green party.

MATT KIELTYKA/METRO

Surrey. Murder victim shot in driveway: Police

Moments after he said goodbye to his wife and kids on his way to work early Friday, Satwant Singh Bain was shot dead while sitting in his vehicle on his driveway.

The 35-year-old victim of Surrey's latest homicide was a family man without a criminal record who was not known to police, according to a statement from Integrated Homicide Investigation Team spokeswoman Sgt. Jennifer Pound.

Investigators believe the shooting was targeted.

A motive for the killing is not yet known, but police canvassed the neighbourhood extensively over the weekend.

Witnesses saw a white four-door sedan speed away westbound on 86 Avenue toward 152 Street after Bain was shot around 5 a.m.

Anyone with information about this killing is asked to call IHIT at 1-877-551-4448 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

West Cracroft Island

Deceased men identified after float-plane crash

The B.C. Coroners Service has released the names of three men who died on impact when a float plane crashed into a remote island off northern Vancouver Island last Thursday.

Pilot Kevin Williams, 42, from Lake Country in the Okanagan was the pilot of the Cessna 185. The passengers were Frederick Wiley, 40, of Merville on Vancouver Island and Norman Slavik, 59, of Surrey.

KATE WEBB/METRO

Washington, Oregon

B.C.-style carbon tax spreads south of the border

British Columbia's carbon tax will soon have two new U.S. cousins, prompting Environment Minister Mary Polak to suggest B.C.'s tax is helping fuel a green-powered West Coast economic juggernaut.

Polak is in San Francisco to participate in the announcement that confirms Washington and Oregon will soon move to a carbon-pricing system that is similar to B.C.'s seven-year-old carbon tax. THE CANADIAN PRESS

The newly appointed investment and trade commissioner for Asia, Ben Stewart, is unveiled to media by Premier Christy Clark on Monday during a press conference in Vancouver. MATT KIELTYKA/METRO

Premier's byelection buddy bound for Beijing

Ben Stewart. Clark's predecessor in Kelowna riding named provincial investment and trade commissioner for Asia

MATT KIELTYKA
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The former MLA who gave up his seat for Premier Christy Clark has landed in a new high-profile government position.

Clark announced Monday that Ben Stewart — who she succeeded as Westside-Kelowna MLA after the July 10 byelection — has been hired as B.C.'s investment and trade commissioner for Asia.

The appointment will see Stewart relocate to Beijing, China, and earn an annual salary of $150,000.

Clark insists, however, that the position is more than an expensive way of saying thanks.

"We need a representative in Asia who is known to have access to power and government here in B.C.," said the premier. "When (Stewart) meets with government officials in China, they'll have absolute confidence that he can pick up the phone and have a call returned to any member of the government here in B.C."

Clark said British Columbia does 40 per cent of its overall trade with Asia, more than any other province, but she wants that number to go up.

Stewart, as a former cabinet minister and founder of Quails' Gate Winery, is "uniquely qualified" for the job, she said.

"I felt it was really important that we do expand trade," said Stewart. "Part of that is because of the experience I've had in Europe and in Asia in the wine industry and seeing how difficult it is establishing relationships from afar."

Mayor Gregor Robertson is quoted in the government's announcement, saying appointing Stewart "will reinforce our efforts to support Vancouver companies in expanding into Chinese markets."

Stewart's mandate is to represent the province in all job-plan sectors and countries, but with a specific focus on China, Japan and Korea and the liquefied natural-gas sector.

The budget for the new office is still being researched.

No criminal charges in Paul Boyd death

The Vancouver police officer who shot Paul Boyd dead on Aug. 13, 2007, won't face criminal charges, the Criminal Justice Branch announced Monday.

Special prosecutor Mark Jetté found in his review of the evidence that while Const. Lee Chipperfield shot a crawling Boyd in the head during an incident on Granville Street, the Crown would have been hard-pressed to disprove the officer believed he was acting in self-defence.

"A reasonable doubt on the issue of self-defence would require an acquittal," Jetté wrote. "The evidence made available to the special prosecutor in this case was that Const. Chipperfield personally believed resorting to lethal force was necessary to preserve himself and others from death or grievous bodily harm."

Paul Boyd METRO FILE

Police were called to the South Granville area to respond to a distraught man armed with a bicycle chain.

Boyd was shot six times with the final moments caught on video, which only surfaced in 2012. The footage showed that he was crawling on his hands and knees when the fatal shot was fired.

Jetté reviewed the report to Crown counsel prepared by the Alberta Serious Incident Response Team consisting of evidence from Vancouver police, 114 civilian witnesses and the video of the incident. He also had access to a transcript from the coroner's inquest into the shooting.

Vancouver Police Chief Jim Chu issued a statement following the decision: "As I have from the beginning of this tragic incident, I would like to once again extend our sincere regrets and condolences to the Boyd family for their loss. No police officer ever comes to work with the intent of taking a life." MATT KIELTYKA/METRO

‘Serious concerns’ about avalanche apps

False sense of security. Canadian Avalanche Centre say transceivers the right choice

When it comes to avalanche safety, don’t rely on smartphone apps.

The Canadian Avalanche Centre (CAC) is warning backcountry users to steer clear of apps marketed as cheap alternatives to transceivers, the devices use to locate people in case they’re buried by snow.

The centre has “serious concerns” about three new apps because they neither conform to the international standard of 457 kHz — a frequency that transmits well through snow — nor do they have the same range, executive director Gilles Valade said in a statement.

“Not only are these new apps incapable of connecting with other avalanche transceivers, they are also incompatible between themselves, so one type of app can’t find another,” Valade said.

If an app can’t communicate with traditional transceivers used by rescuers or seasoned backcountry users, a person will have nothing more than a false sense of security in case of an avalanche, according to the CAC.

On top of that, apps are subject to typical smartphone flaws such as battery life, reliability and less accurate location services.

“WiFi and Bluetooth signals are significantly weakened when passing through snow, and easily deflected by the solid objects we expect to see in avalanche debris. And the accuracy of a GPS signal is nowhere near the precision required for finding an avalanche victim,” Valade said.

The three apps, which the CAC says it examined closely, are called iSis Intelligent (Mountain) Rescue System, Snøg Avalanche Buddy and SnoWhere. EMILY JACKSON/METRO

A screenshot of the Snøg Avalanche Buddy, a smartphone app marketed as “missing person tracking tool” if an avalanche buries them. SCREENSHOT

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New funds for First Nations

A dozen B.C. First Nations will share $1.3 million in provincial funding to develop clean energy, Aboriginal Affairs Minister John Rustad announced Monday during a speech to the Clean Energy Association of B.C.

But some First Nations fear, despite the funding, that government interest in the green option is cooling in the shadow of the province’s multibillion-dollar liquefied-natural-gas dreams.

Judith Sayers, a former chief of the Hupacasath First Nation and now an association board member, said clean energy was not part of BC Hydro’s draft 20-year plan released in August.

“A $50-billion industry being cast aside in the province? It’s amazing to me that that could actually happen, that we could be so fully left out of the next 20 years of electricity planning,” Sayers said after listening to Rustad speak.

“Especially in light of how involved First Nations are in this industry and how much benefit this brought — jobs, capacity building, benefits in the community for language and culture. That’s more the things that we focus on instead of revenue.”

Energy Minister Bill Bennett told conference attendees that he has ordered the Crown corporation to revise the plan to include investment in clean energy.

Rustad said after his speech that the government continues to move forward with its clean-energy strategy and investments.

“LNG is the most exciting opportunity that this province has probably ever seen, and may ever see in the future. It is enormous in what it will do,” he said. THE CANADIAN PRESS

Kamloops

Court hears victim stabbed six times

A special prosecutor told a B.C. Supreme Court murder trial in Kamloops, B.C., that the accused stabbed his friend six times after a fist fight between the two men last summer.

In his opening statement, Rob Bruneau said that Torbin Alec attacked 29-year-old Jesse Seymour outside a home where several friends had gathered. Bruneau said Seymour was stabbed twice through the heart.

RCMP Cpl. Sherri Mancimi was then called to identify pictures of bloody shoes and clothing taken at the scene.

The friends who witnessed the fight are expected to testify this week.

Seymour was the estranged son-in-law of former B.C. lieutenant-governor Steven Point. THE CANADIAN PRESS

Sex assault. Rally alleges victim-blaming by UBC

Students who say "you can feel the fear" at the University of British Columbia — in light of three sexual assaults reported to RCMP in the past month — will hold a Take Back the Night rally Wednesday evening.

The rally, which is also in response to rape chants that made headlines during frosh week, aims to address what organizers call victim-blaming messages from the university and a more prevalent culture of sexism.

"The only message they're projecting is walk with others, don't walk alone. This is such a bigger issue," organizer and first-year student Emily Monaghan said. "They're putting the onus on the female population — I don't think that's OK."

"We're hoping that people acknowledge that this isn't a one-time thing," said student and rally organizer Rain, who only goes by one name.

About 850 people plan to attend the event so far.

The university supports the event and has offered additional security, first aid, megaphones and safety vests for organizers, said Lucie McNeill, UBC's director of public affairs.

UBC launched a website to keep students in the loop regarding the assaults, McNeill said. While the rally organizers take issue with its language — "Stay safe. Don't walk alone." — it's important for students to have access to alerts, McNeill added.

"Right now, we're really focused on the present sense of alarm and danger," she said.

The university is being careful not to "blame the victim" in its response, according to a statement from Louise Cowan, VP Students.

"There is an important discussion to be had about violence against women: what causes it, what enables it, what perpetuates it and what will really defeat it," she said.

EMILY JACKSON/METRO

Forest safety. Wolf pack advances on woman and wounds one of her dogs

B.C.'s forest-safety council has issued an unusual alert after a forestry worker narrowly escaped a pack of wolves while working in the province's southern Interior.

The bulletin states a woman working for a forest-management firm was approached by at least five aggressive wolves while she was working near Merritt two weeks ago.

The warning said the wolves came within three metres of her, and as she reached for a can of bear spray, one of her two dogs tried to take on the pack.

Tanya Lawes, of Lawes Forest Management, said their employee managed to make it back to her truck uninjured. However, the dog was severely wounded.

"Once she got to Merritt, they had to put it down," said Lawes.

She said human encounters with wolves are extremely rare.

"It's not normal to come across wolves or to have them act like that, that's for sure," she said. "It's more likely — if you're going to have an animal encounter — that it's a moose ... or we've had a cougar and bears, but not wolves before."

THE CANADIAN PRESS

Mumtaz Ladha gets into an elevator to go back to court from an underground parkade while trying to avoid having her photograph taken at the end of the first day of a human-trafficking trial at B.C. Supreme Court in Vancouver on Sept. 4. DARRYL DYCK/THE CANADIAN PRESS FILE

Accused sought job to help woman stay in the country, witness says

Human-trafficking case. But the visa application stalled and the job never materialized: Lawyer

A wealthy Vancouver-area woman accused of illegally bringing a domestic servant to Canada asked her lawyer to prepare a work visa application for the alleged victim because she had found the African woman a possible job, a human-trafficking trial heard Monday.

But the lawyer, who worked for Mumtaz Ladha, says the work permit application stalled and the job never materialized. Instead, he held onto the alleged victim's passport for months after her visitor's visa was due to expire.

Ladha is accused of lying to immigration officials in Tanzania to bring the young woman, now 26, to Canada and then employing her illegally at her home in West Vancouver after they arrived in August 2008.

The Crown has alleged Ladha enticed the young woman, who she previously employed in Tanzania, with the promise of a passport and a job at a hair salon. Instead, the Crown contends, she was forced to work long hours as an unpaid servant.

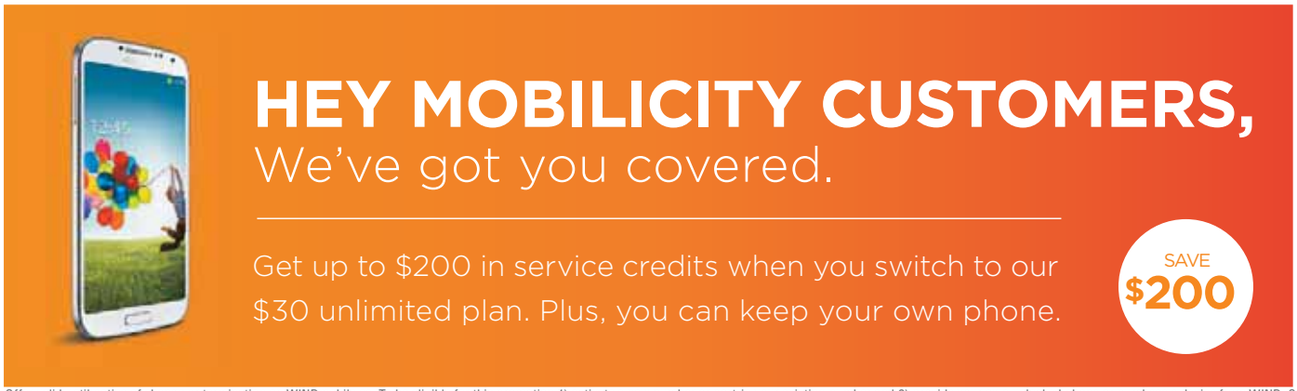
Original reason

The trial has previously heard that Mumtaz Ladha brought the woman to Canada on a temporary travel visa, indicating on the application that she would be helping Ladha with a medical condition.

Fiesal Ebrahim, who had been Ladha's civil lawyer for several years, said she approached him in January 2009 — the same month the young woman's visitor's visa was due to expire — and indicated the woman wanted to stay in Canada.

Ebrahim suggested one option would be to apply for a work visa, provided she had a job offer to show immigration officials.

Ladha replied that a hotel manager she knew might be able to line up a job for the woman, Ebrahim told the court.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Storm wreaks havoc in U.K., Europe

Savage weather. At least 13 people have been reported killed in squall that has ravaged several countries

A major storm with hurricane-force gusts is lashing southern Britain, parts of France and the Netherlands, causing flooding and travel delays, including the cancellation of roughly 130 flights at London's Heathrow Airport.

Express train services between central London and Gatwick and Stansted airports were suspended because of the storm, and the major English port of Dover was closed, leading to a cutoff in ferry service to France.

Police and emergency-service workers cordon off the area near scaffolding on the famous pedestrian street, Stroeget, in central Copenhagen Monday. A major storm swept through Denmark, western Europe and Britain with winds peaking at up to 200 km/h. JOACHIM ADRIAN/THE ASSOCIATED PRESS/POLFOTO

Thousands of homes in northwestern France lost electricity, while in the Netherlands several rail lines were closed, airport delays were reported and citizens were warned against riding their bicycles — a favoured form of transport — because of high winds. Amsterdam's Central railway station was shut by storm damage. Sweden's Meteorological Institute upgraded its advisory Monday, warning that a "Class 3" storm that could pose "great danger to the public" was expected to hit western and southern Sweden on Monday evening.

Some English rail lines shut down Monday morning and some roads were closed due to fallen trees and power lines. There were delays on many parts of the London Underground network and the opening of the Overground network was delayed several hours.

Air travellers and commuters were advised to check conditions before starting any journeys. Widespread delays were expected as major London train lines delayed their opening because of the winds and tree hazards.

THE ASSOCIATED PRESS

Texas

Abortion-restricting measures vetoed

New abortion restrictions passed by the Texas Legislature are unconstitutional and will not take effect as scheduled on Tuesday, a federal judge has ruled. He wrote Monday that the regulations violated the rights of abortion doctors to do what they think is best for their patients and would unreasonably restrict a woman's access to abortion clinics.

THE ASSOCIATED PRESS

Rape charges

Kenyan 'miracle' preacher in custody

A self-styled Kenyan preacher who claimed to help couples conceive "miracle babies" through prayer has been charged with three counts of rape in Britain. Police said Monday that Gilbert Deya, 61, was charged last week with rape, one count of attempted rape on an adult and one count of sexual assault on a 14-year-old girl.

THE ASSOCIATED PRESS

In this Oct. 21, 2011, file photo, Michael Jackson's former doctor Conrad Murray sits in a courtroom during his involuntary-manslaughter trial in Los Angeles. REED SAXON/THE ASSOCIATED PRESS

Michael Jackson case. Doctor found guilty in pop star's death set free

The doctor convicted of killing Michael Jackson was released from jail Monday after serving nearly two years of a four-year sentence.

Conrad Murray was released from a downtown Los Angeles jail at 12:01 a.m., according to the sheriff's office.

The former cardiologist was convicted in 2011 of causing Jackson's death in June 2009 by providing the superstar with an overdose of the powerful anesthetic propofol as a sleep aid.

Murray's prospects are uncertain: At age 60 his licence to practise medicine has been suspended or revoked in three states and his face and name are well known due to his association with Jackson and his highly publicized involuntary manslaughter trial. He is appealing his conviction.

THE ASSOCIATED PRESS

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Cheque again: Duffy claims Tory lawyer covered $13K in legal fees

Fuelling the inferno

Stephen Harper has steadfastly maintained he knew nothing of Nigel Wright's largesse, but the circle of PMO and party insiders who were in on the deal appears to keep growing. And Mike Duffy keeps fanning the flames.

- "I've never seen a cheque from Nigel Wright," Duffy noted, almost as an aside Monday. "But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."
- Duffy alleged — while conceding he could not prove — that the funds for his legal fees came from the Conservative party and thus from the pockets of the same party donors that the PMO was attempting to dupe and placate.
- Duffy laid the blame directly on Harper, saying, "This was all part of his strategy, negotiated by his lawyers and the Conservative party's lawyers, to make a political situation embarrassing to his base go away."
- Duffy said the PMO "rehearsed with me, right up until minutes before I went on television, the lines I would use in the media."

Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Cue the audible gasp

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

Sen. Mike Duffy

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The $90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of $13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting $90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

THE CANADIAN PRESS

Man allegedly tries to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else.

"In the police report, he claims his innocence and says the bag belonged to someone else," Morena told reporters outside the courtroom.

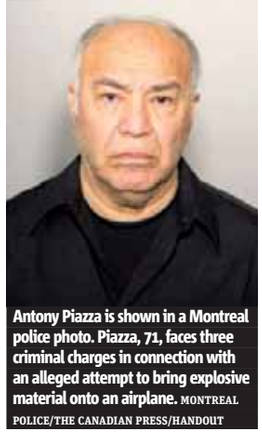
The Crown has remained mum about what exactly Piazza was carrying. His lawyer revealed some of the items police said they'd identified.

"They were talking about bullets, talking about powder, about wires, about (lighters)," Morena said.

Police have revealed less details to the media, saying only that what was found was not dangerous without actual explosives, but that they didn't want to take any chances.

"For us, it is something major because everything was there to make us believe … (it could have been) a bomb, an explosive device," police spokesman Ian Lafreniere said.

THE CANADIAN PRESS

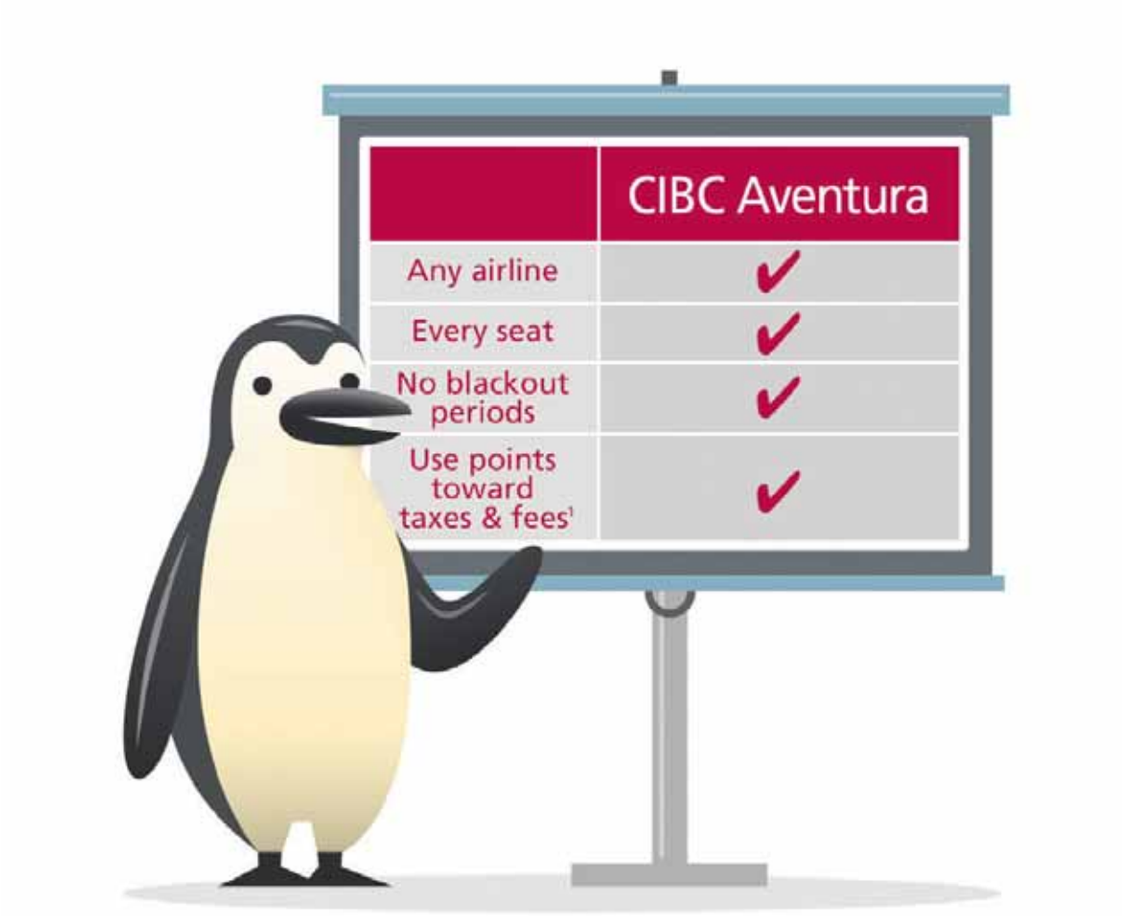


Antony Piazza is shown in a Montreal police photo. Piazza, 71, faces three criminal charges in connection with an alleged attempt to bring explosive material onto an airplane. MONTREAL POLICE/THE CANADIAN PRESS/HANDOUT

Details

Piazza, under his original moniker, received a 10-year sentence for drug trafficking in the mid-1980s in a case that was heard in the St-Jerome, Que., area, his defence attorney told reporters Monday.

- Hours after the airport incident, police closed off a neighbourhood to search an apartment in the residential area of LaSalle and seized some documents.



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A hospital staffer's sign: "Guarantee medical workers safety" during a protest in Wenling Monday. THE ASSOCIATED PRESS

Hospital medics in China angry

Wenling. Patient stabbed three doctors, killing one; such attacks are on the rise; hospital workers want safety guarantees

Several hundred hospital workers in white coats and surgical masks staged a rare protest in eastern China against attacks on medical workers after a patient stabbed three doctors at a hospital, killing one.

Quoted

"Once the medical system decides that its aim is to make money, patients will not trust doctors anymore."

Liu Jitong, a public health expert at Peking University. Some experts blame an increase in attacks on the commercialization of health services.

The staffers assembled Monday outside the Wenling City No. 1 People's Hospital hoisting signs that said "uphold justice" and "guarantee medical staffers' safety."

"We are still protesting and demanding that the government and the hospital management ensure the safety of the doctors," said a woman who refused to give her name when reached at the emergency department.

The protest came after a knife-wielding patient, being treated in emergency, stabbed the three doctors on Friday. Dr. Wang Yunjie died while the other two were wounded, police said. Attacks on hospital staff by patients are increasingly common in China. THE ASSOCIATED PRESS

Kuwait

Gulf nations crack down on online dissent

A rights activist in Kuwait says an appeals court has upheld a 10-year prison sentence against a social media commentator for posts considered offensive to Islam and the rulers of Bahrain and Saudi Arabia.

Monday's ruling highlights crackdowns in the Gulf on online dissent and the co-operation among Gulf nations, fearing political challenges. Prosecutors claim Hamad al-Naqi insulted Muhammad and leaders of the two states. THE ASSOCIATED PRESS

Security concerns. Chemical weapons inspectors in Syria miss one of first deadlines

Inspectors overseeing the destruction of Syria's chemical weapons stockpile have missed an early deadline in a brutally tight schedule after security concerns prevented them from visiting two sites linked to Damascus' chemical program.

Experts from the Organization for the Prohibition of Chemical Weapons were to have checked all 23 of Syria's declared sites by Sunday, but on Monday they said inspectors have visited only 21.

However, there are no consequences for missing the deadline.

The group's failure to meet the deadline, however, underscores the ambitious timeline as well as the risks its inspectors face in carrying out their mission in the middle of Syria's civil war.

The OPCW did not say who was responsible for the security problems, but the organizations' director-general has said in the past that temporary ceasefires may have to be negotiated between rebels and forces loyal to President Assad to reach some sites. THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Report

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers.

A man talks on the phone in Barcelona earlier this year — was someone else listening?
THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Wedding crasher

Thief steals newlyweds' gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build.

THE ASSOCIATED PRESS

G.I. Joe bodies: Soldiers who fail fat test seek lipo

An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.
LENNY IGNELZI/THE ASSOCIATED PRESS

Extra pressure. Service members say they are under extreme scrutiny as U.S. military trims its ranks because of budget cuts and the winding down of the Afghanistan war

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

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Texas

Big-name lawyer facing Lone Star State's justice

A Texas lawyer and former Carnegie Mellon University trustee was found guilty Monday of conspiring to launder hundreds of millions of dollars in drug money for a Mexican cartel.

Marco Antonio Delgado was accused of devising a scheme to launder up to $600 million for the now-disbanded Milenio cartel from 2007 to 2008.

During the week-long trial, prosecutors presented recorded phone calls from Delgado to other members of the conspiracy and testimony by federal agents and Victor Pimentel, a former associate of Delgado. The accused took the stand and told jurors that federal agents lied.

THE ASSOCIATED PRESS

Discipline hearing

Cop says man was never arrested at G20

A man stopped by police during the G20 protests three years ago was free to go on his way even though he had been handcuffed and placed in the back of a cruiser, a Toronto cop testified Monday.

Const. Ryan Simpson also told his disciplinary hearing that he never arrested Nicholas Wright, but admitted failing to inform him of his rights when he detained him for investigative purposes.

"I just absent-mindedly, forgot to advise him of that," said Simpson. He did agree it would have been "reasonable" for Wright to believe he was under arrest. And he admitted not telling him he was free to leave.

THE CANADIAN PRESS

Sandusky abuse to cost Penn State over $110M

Price of abuse. The university has set up a fund to settle with 26 young men; they've also spent more than $50M on related costs

Penn State said Monday it is paying $59.7 million to 26 young men over claims of child sexual abuse at the hands of former assistant football coach Jerry Sandusky.

The school said 23 deals are fully signed and three are agreements in principle, but it did not disclose the names of the recipients. The school faces six other claims, and the university says it believes some of those do not have merit while others may produce settlements.

University president Rodney Erickson issued a statement calling the announcement a step forward for victims and the school.

"We cannot undo what has been done, but we can and must do everything possible to learn from this and ensure it never happens again at Penn State," said Erickson, who announced the day Sandusky was convicted in June 2012 that Penn State was determined to compensate his victims.

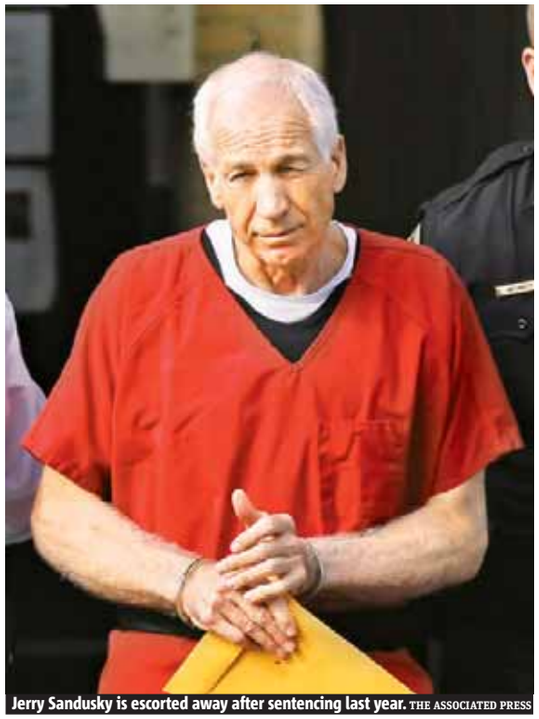
The settlements have been unfolding since mid-August, when lawyers for the accusers began to disclose them. Penn State has not been confirming them, waiting instead to announce deals at once.

Harrisburg lawyer Ben Andreozzi, who helped negotiate several of the settlements, said his clients were satisfied.

"They felt that the university treated them fairly with the economic and non-economic terms of the settlement," said Andreozzi.

Penn State has spent more than $50 million on other costs related to the Sandusky scandal, including lawyers' fees, public relations expenses and adoption of new policies.

THE ASSOCIATED PRESS



Jerry Sandusky is escorted away after sentencing last year. THE ASSOCIATED PRESS

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No charges in Ohio U. sex case

A United States grand jury decided not to charge anyone in an alleged sexual assault near Ohio University that was photographed and filmed by witnesses, a prosecutor said Monday.

Athens County Prosecutor Keller Blackburn said the grand jury determined there wasn't probable cause to file charges after a man and woman were photographed in a sex act against the front window of a bank near the Ohio campus in the wee hours of Oct. 12.

Explicit photos of them were circulated via social media, and the woman later told police she was a victim of a sexual assault.

Investigators determined the couple, both 20-year-old students, had alcohol from a bar before the sex, Blackburn said in a statement Monday.

Blackburn said the man asked the woman whether to stop when a crowd formed, and she said no.

The man has co-operated with police. The woman didn't remember what happened, and testing showed no sign of any date rape drug, the prosecutor said. The couple wasn't aware that their sex was being taped.

THE ASSOCIATED PRESS

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Tim Hortons tests out first new coffee blend since 1964

Change percolating.
Canadian coffee icon to try out a dark roast as consumers 'becoming more educated' about their morning cup of joe

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE

Amid stiff competition, Timmies is testing a dark roast blend. TIM HORTONS

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

Phone-hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.74¢ (+0.09¢)

TSX
13,371.84 (-27.58)

OIL
$98.68 US (+83¢)

GOLD
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Natural gas: $3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)

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GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple, and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the moment.

Asking someone to marry you is nerve-racking enough without thinking about all the logistics involved in co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle-free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to retell to all of your friends and family until the day you're married, so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. **METRO**

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. **METRO**

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (-110 C) — but don't get too chilled, as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

Douglas Coupland is a bestselling novelist, a visual artist and the author of TEMP, an exclusive 20-parts-in-20-days story running in Metro starting Monday. Known for his musings on art, culture and technology, he's been quoted as saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:

Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:

There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:

"I write fiction for a living," says Coupland. "Everything can be fact-checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:

While libraries certainly do still exist, Coupland says he takes one walk in the stacks for every hundred he used to take.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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SCENE

5 Freaky flicks from Canada

There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

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Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus stars in The Walking Dead. CONTRIBUTED

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?
The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?
He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Were you surprised that the show has become such a monster hit?
I knew I had something good with getting on The Walking Dead. It's one of those rare cases where everything fits together perfectly. There isn't a weak link in our chain right now and I think we continue to get better and better.

What attracted you to the character as an actor?
Daryl's storyline is different from everyone else. He's blossoming in this world. He can take care of himself. He can hunt and track his own food. He can protect himself but he doesn't have social skills. I think to watch this man become the guy that he is meant to be is pretty interesting.

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The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Clare magazine that while she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

Twitter

@mcgregor_ewan
Rain on the roof of the trailer. Make me want to sleep.

Perry to fellow pop stars: Cover up already!

Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

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Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/ FOR METRO

Why won't the man in your life go to the doctor?

Men's health. Study finds that more than half of premature deaths among men are preventable if they are detected early enough

MAJA LUNDAGER PEDERSEN
Metro World News

Gents, there is nothing to be afraid of from the doctor. ISTOCK PHOTOS

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months. Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour.

"What I experience much more with men (than women) is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' (The man says) no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick (before) coming to the doctor, it's too late," Swartz says.

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The boy who cried bully

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Was a losing team bullied? Is your angry spouse a bully? How about that co-worker who's always criticizing you?

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common thanks to national campaigns to draw attention to the real problem of bullying.

Malcolm Smith, a professor in the University of New Hampshire's education department, says what constitutes real bullying is measurable: Is the behaviour so damaging that it interferes with the target's ability to go to school or do their job or otherwise conduct themselves safely? And secondly, does the behaviour involve an imbalance of power? THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Smith.

Which is not to say that bullying or other types of personal intimidation don't happen in sports. Rutgers basketball coach Mike Rice was fired for screaming at his players, calling them names and kicking and shoving them.

But under normal circumstances, losing in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas.

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said. "Any place there's a power differential, where someone puts other people down, where it's done willfully, not randomly or unconsciously, that could be bullying."

Some conflicts in the workplace are more easily defined as harassment rather than bullying. "Bullying is a lot more volitional," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down.

Bullies in politics?

In May, U.S. Sen. Harry Reid called Sen. Ted Cruz a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, a conservative policy advocacy organization. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

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To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

How much does health care cost you? Try 1,400 big ones

Unplanned outlays. Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry. Taste an olive before starting and if they are salty, drain and rinse to help reduce the saltiness in the finished dish.

This recipe makes about 30 meatballs. THE CANADIAN PRESS

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

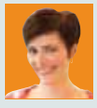
3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

Surviving Halloween



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms.

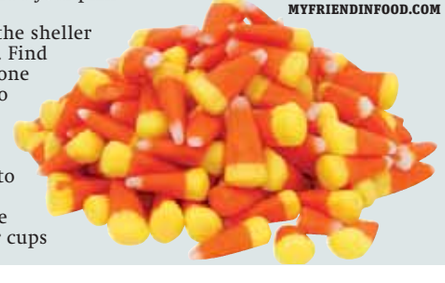
You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest.

This year is going to be different. It's mommy time.

Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.
- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!



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CFL

Lulay back in the huddle in B.C.

B.C. Lions quarterback Travis Lulay, currently dealing with an injury to his throwing shoulder, took part in reps at Monday's practice.

It's the latest development since Lulay injured himself on a touchdown run back on Sept. 15.

"I guess I've progressed to the point now where that's the next step, is taking some live ones. It was really good to get back in the huddle," Lulay said on a video on the Lions' website.

Lulay had been throwing lightly after practice for the past few days, but only at a distance of 10 to 15 yards.

"He's an elite quarterback, he's our leader," said head coach Mike Benevides.

It has yet to be determined whether Lulay will be ready for Friday's game against the Calgary Stampeders, in the regular-season finale at BC Place Stadium.

Benevides had planned to get a healthy Lulay back in time before the playoffs. The Lions will play the Saskatchewan Roughriders in the West semifinal on Nov. 10 in Regina.

CAM TUCKER/METRO

Travis Lulay has resumed taking snaps at Lions practice.
THE CANADIAN PRESS

MLS

Rennie's time with Whitecaps a wrap, reports say

Martin Rennie is no longer head coach of the Vancouver Whitecaps, according to numerous reports Monday evening.

There was nothing official from the club as of press time.

The Whitecaps concluded the 2013 MLS regular season on Sunday, but did not qualify for the MLS Cup playoffs following another swoon through the late summer and fall months.

Rennie has been the head coach of the Whitecaps for the past two seasons. CAM TUCKER/METRO

Alex Ovechkin crashes into Roberto Luongo after getting tripped up during the first period on Monday in Vancouver. RICH LAM/GETTY IMAGES

Canucks lock down Ovechkin, Capitals

NHL. Vancouver's leaders come through when it counts to secure win in third

CAM TUCKER
cam.tucker@metronews.ca

On Monday

3	2
Canucks	Capitals

In a perfect world, this is how it's supposed to be for the Vancouver Canucks.

Roberto Luongo solid in net and the Sedin twins — Daniel and Henrik — and Ryan Kesler as the driving forces for a team and an organization searching to rediscover its glory from three seasons ago.

On Monday, with Alex Ovechkin and the Washington Capitals in town, the Sedins and Kesler displayed their magic in front of the home crowd in a 3-2 victory at Rogers Arena.

With the Canucks trailing in the third period, Kesler and Daniel Sedin scored goals just two minutes and eight seconds apart to turn a deficit into a lead.

It started with Kesler whacking home a rebound past Capitals goalie Michal Neuvirth, just over a minute after Mikhail Grabovski gave Washington its first lead of the night.

For Kesler, that's his fifth goal in the last four games. He's red-hot. A man on a mission despite the added workload thrust upon him with head coach John Tortorella behind the bench and quickly leaving his mark on this team.

The Sedin line, along with Kesler and defenceman Chris Tanev, combined for Vancouver's winning goal.

After wearing down the opposition with one of those classic Sedin cycles, Daniel got the puck, was allowed to walk right down the slot and tee up a slapshot from the top of the faceoff circle.

Luongo made 17 stops for the win. He also stopped Ovechkin on a first-period penalty shot.

NHL. Ovechkin his old self in return to Vancouver

Alex Ovechkin expresses himself during Monday night's warmup.
THE CANADIAN PRESS

There was a superstar in Vancouver.

Alex Ovechkin, the dynamic Russian forward tied for the league lead in goals early in the season, was in town with the Washington Capitals to take on the Canucks at Rogers Arena on Monday evening.

And with him comes a considerable buzz, especially considering Ovechkin sightings in this part of the world have been rare since he entered the NHL in 2005-06.

The last time he played an NHL regular-season game in Vancouver was Oct. 29, 2011. Wouldn't you know it, he notched a pair of goals.

"I like this kind of road trips, it's a great town. I really enjoy spending time here and right now it's time to play hockey," Ovechkin told reporters Monday afternoon.

For now, Ovechkin has been on a scoring tear.

He's scored 10 goals in 11 games, and his total right now is tied only with Alexander Steen of the St. Louis Blues.

Go back even further, and Ovechkin has been filling the net at a spectacular rate since February.

He has scored 40 times in his last 49 games.

A far cry from days not too long ago, when he scored a paltry 32 goals in 2010-11, and 38 in 2011-12.

His harshest critics began to speculate that we may have been seeing the beginning of the end of Ovechkin. Instead, he has reverted back to his old form.

"I feel pretty good and, you know, have lots of chances," he said. CAM TUCKER/METRO

4 SPORTS

Game 5 gem only brightens Lester's post-season lustre

World Series. Red Sox lefty takes care of business on mound, Ortiz and Ross produce key hits to pull within one win of another title

Game 5

Red Sox	Cardinals
3	1

Jon Lester pitched the Boston Red Sox within a whisker of yet another World Series championship.

Lester bested Adam Wainwright once again, journeyman David Ross hit a tiebreaking double in the seventh inning and the Red Sox downed the St. Louis Cardinals 3-1 Monday night to take a 3-2 World Series edge.

David Ortiz delivered his latest big hit, too, sending this bearded band of Red Sox back to Fenway Park with a chance to clinch their third crown in a decade. Not since 1918 has Boston won the title at its own ballpark.

John Lackey gets the first chance Wednesday night against St. Louis rookie sensation Michael Wacha. A Cardinals win would set up a most spooky proposition for both teams — Game 7 on Halloween night.

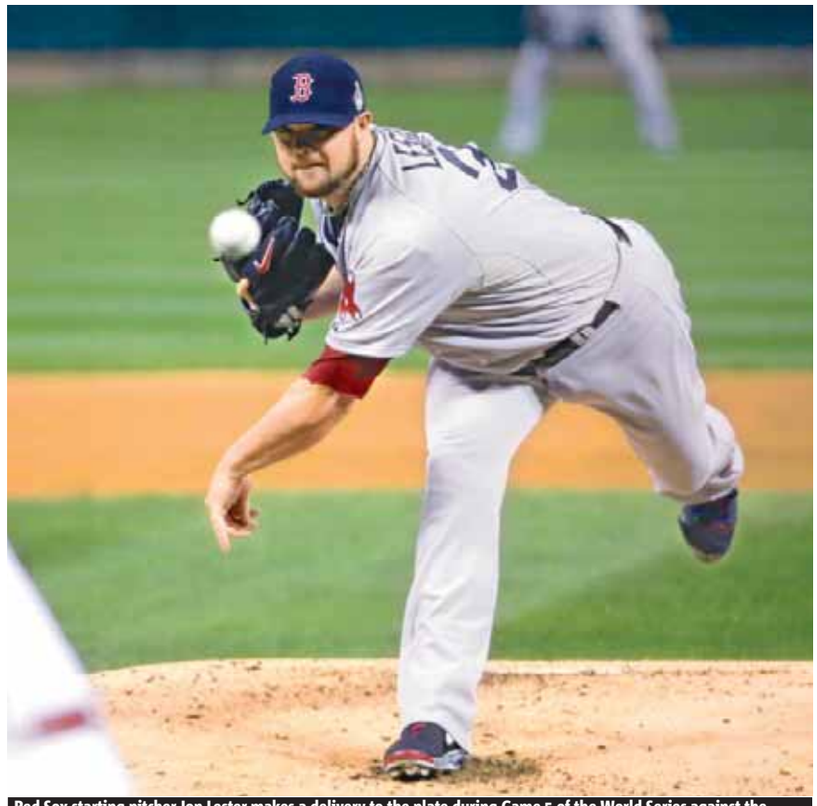
Lester enhanced his reputation as an October ace with every pitch. He allowed one run and four hits in 7 2/3 innings, striking out seven without a walk — nearly the same line he had in beating Wainwright in the opener.

The lefty who's won all three of his career World Series starts had just one scary inning, when Matt Holliday homered in the fourth, Carlos Beltran flied out to the wall and Yadier Molina hit a liner. Other than that, Lester was sharp as a knife.

Ortiz put the Red Sox ahead with an RBI double in the first, hitting the first pitch after Dustin Pedroia doubled on an 0-2 curve.

Ross, a greybeard on a team led by scraggly veterans, broke a 1-all tie when he hooked a drive just inside the left-field line, and the ball bounced into the seats for a go-ahead double. Jacoby Ellsbury later hit an RBI single.

Koji Uehara closed for his second save. THE ASSOCIATED PRESS



Red Sox starting pitcher Jon Lester makes a delivery to the plate during Game 5 of the World Series against the Cardinals on Monday in St. Louis. DAVID J. PHILLIP/THE ASSOCIATED PRESS

NHL

Blackhawks offence gets going vs. Wild

Patrick Sharp finally scored, Nick Leddy jump-started Chicago's stagnant special teams with a power-play goal and the Blackhawks beat the Minnesota Wild 5-1 on Monday night.

Corey Crawford made 29 saves, and Sheldon Brookbank, Patrick Kane and Brandon Saad all scored to give the Blackhawks just their third game of more than three goals in 12 contests this season.

Jason Pominville scored the Wild's goal. Niklas Backstrom stopped 23 shots in the loss. THE ASSOCIATED PRESS

NBA

"It's not like it's unheard of. We all know what it is. They don't like us, so we don't like them."

LeBron James, whose Miami Heat take on their rival Chicago Bulls in Tuesday's NBA opening-night action.

NFL. Seahawks stand up to Rams' late surge and improve record to 7-1

The Seattle Seahawks completed a lousy night for St. Louis sports fans.

Russell Wilson threw two touchdown passes to Golden Tate, and the Seahawks made a dramatic goal-line stand in the final minute to preserve a 14-9 victory over the Rams on Monday night — less than an hour after the Cardinals lost to the Red Sox in the World Series just up the street.

The Seahawks (7-1), riding the best start in franchise history, were clinging to the lead when they were forced to punt with just over five minutes left in the game.

They managed to pin St. Louis at its own 3-yard line, but Kellen Clemens — starting at quarterback in place of the injured Sam Bradford — calmly marched the Rams (3-5) to the Seattle 1 as time wound down. Daryl Richardson was stuffed on third down, and Clemens threw a fade pass incomplete in the corner of the end zone on fourth down as time expired.

"The defence did a tremendous job, coming up with a huge stop there," Wilson said.

The Seahawks won despite gaining just 135 yards of total offence, 80 of it on Wilson's second TD pass to Tate, the third-fewest yards in a victory in franchise history.

Seahawks wide receiver Golden Tate makes a catch against the Rams' Janoris Jenkins on Monday night in St. Louis. MICHAEL CONROY/THE ASSOCIATED PRESS

Wilson was sacked a career-high seven times by the Rams defence.

"The defensive line, they were making plays," Wilson said. "We have to find a way to slow them down."

Clemens finished with 158 yards passing for the Rams, but he also threw two interceptions. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Montreal	12	7	5	0	35	22	14
Detroit	12	6	4	2	27	33	14
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	14	2	11	1	23	41	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	12	8	4	0	38	29	14
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	12	4	5	3	26	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
Philadelphia	10	3	7	0	18	27	6
N.Y. Rangers	10	3	7	0	15	35	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	12	7	2	3	39	33	17
Minnesota	13	6	4	3	30	31	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	11	5	5	1	30	34	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

Monday's results
Chicago 5 Minnesota 1
Dallas 4 Buffalo 3
Montreal 2 N.Y. Rangers 0
Pittsburgh 3 Carolina 1
Washington at Vancouver
Sunday's results
Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Tuesday's games — All Times Eastern
Dallas at Montreal, 7 p.m.
Anaheim at Philadelphia, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Tampa Bay at New Jersey, 7:30 p.m.
Ottawa at Chicago, 8 p.m.
Winnipeg at St. Louis, 8 p.m.
Toronto at Edmonton, 9 p.m.
Los Angeles at Phoenix, 10 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)
Monday's result
Boston 3 St. Louis 1
Sunday's result
Boston 4 St. Louis 2
Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.
Thursday's game
x-St. Louis (Kelly 10-5) at Boston (Peavy 12-5), 8:07 p.m.
x — played only if necessary.

MLS

Sunday's results
Houston 2 D.C. United 1
Los Angeles 1 Seattle 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
(End of Regular Season)

PLAYOFFS

KNOCKOUT ROUND
(single-game elimination)
WESTERN CONFERENCE
Wednesday's game — All Times Eastern
Colorado at Seattle, 10:30 p.m.
EASTERN CONFERENCE
Thursday's game
Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.
y — clinched division.
Friday's games — All Times Eastern
Montreal at Toronto, 7 p.m.
Calgary at B.C., 10 p.m.
Saturday's games
Hamilton at Winnipeg, 2 p.m.
Edmonton at Saskatchewan, 5 p.m.
(End of Regular Season)

NFL

WEEK EIGHT

Monday's result
Seattle 14 St. Louis 9
Sunday's results
Arizona 27 Atlanta 13
Cincinnati 49 N.Y. Jets 9
Denver 45 Washington 21
Detroit 31 Dallas 30
Green Bay 44 Minnesota 31
Kansas City 23 Cleveland 17
New England 27 Miami 17
New Orleans 35 Buffalo 17
N.Y. Giants 15 Philadelphia 7
Oakland 21 Pittsburgh 18
San Francisco 42 Jacksonville 10
Thursday's result
Carolina 31 Tampa Bay 13

NBA

REGULAR SEASON

Tuesday's games — All Times Eastern
Orlando at Indiana, 7 p.m.
Chicago at Miami, 8 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

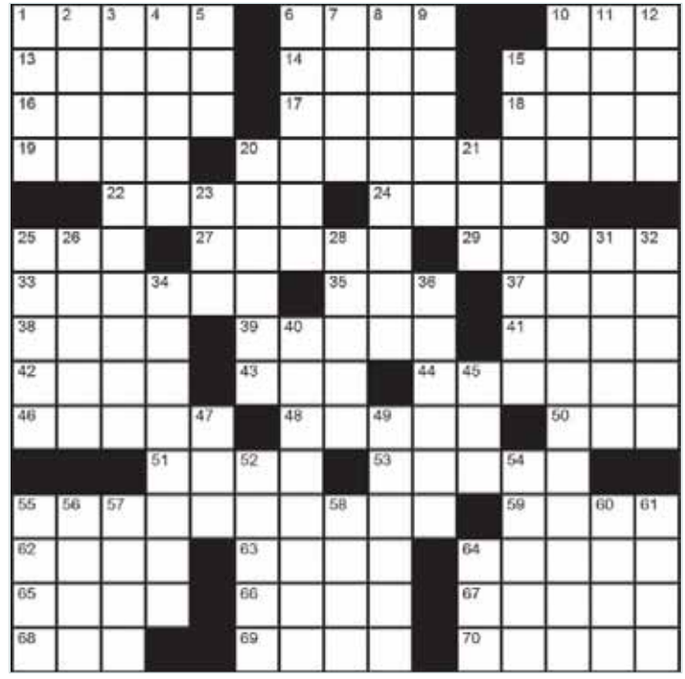
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

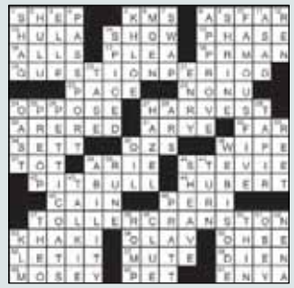
BY KELLY ANN BUCHANAN



Across
1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

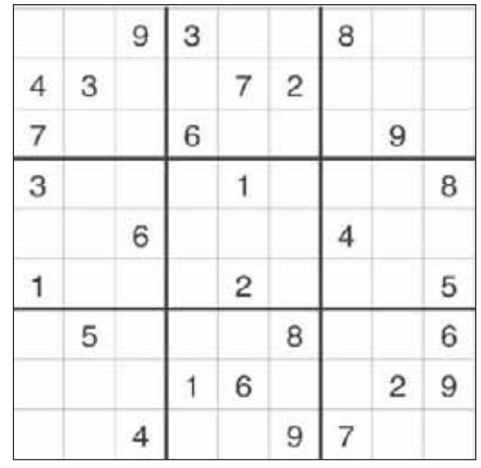
Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever _ ___..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

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Wednesday
9°/7°
Showers
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Check the 14 day trend.
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